

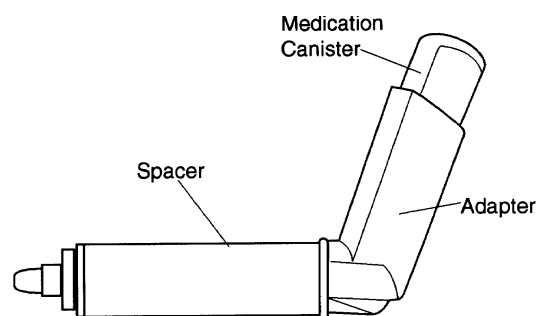
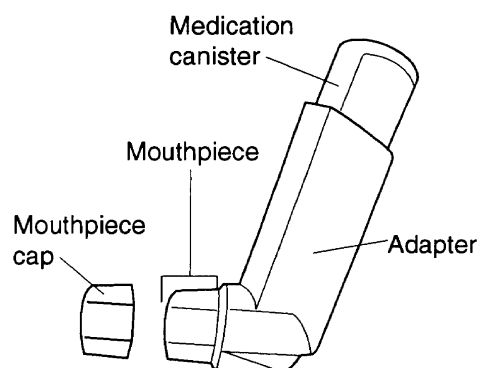
# Spray Canister Metered Dose Inhaler (MDI)

Metered dose inhalers (MDI) are filled with a medicine that can be inhaled into the lungs. Inhaled medicine works in the lungs right away. There are fewer side effects with inhaled medicine compared to pills or liquid forms of medicine. MDI is best for adults and children over 5 years old.

The spray canister MDI has the medicine in a small metal canister under pressure. The canister is placed in an L-shaped plastic holder for use. When the canister is pressed down in the holder, the medicine sprays out.

## Steps for use:

1. Shake the inhaler. If the canister is brand new or you have not used it for more than 4 days, spray it into the air 2 times to prime it.
2. Remove the cap and hold the inhaler upright with the mouthpiece facing you.
3. Tilt your chin up slightly and breathe out.
4. Open your mouth and hold the inhaler 1-2 inches from your mouth or put your lips around the mouthpiece of the inhaler. If you are using a spacer or holding chamber see instructions for use.
5. Press down on the inhaler once and begin breathing in slowly through your mouth.
6. Hold your breath for 10 seconds to let the medicine to get deep into your lungs.
7. Repeat if more than 1 puff is ordered. Wait at least 1 minute between puffs.
8. Place the cap over the mouthpiece.
9. If the medicine is a steroid, rinse your mouth with water and spit the water out.



## Care of your MDI:

- Keep the canister at room temperature.
- Do not put the canister in water.
- Remove the canister and clean the L- shaped holder in mild soap and warm water two times each week. Rinse the holder and dry well before replacing the canister. Do not twist the canister as you place it back in the holder.

## **How long will the MDI last until I need a new one?**

- Check the canister label to see how many puffs of medicine it contains.
- Figure out how many puffs you will use each day. Divide the number of puffs in the canister by the number you will use each day. This is how many days the canister will last. For example, if your canister has 200 doses and you take 2 puffs 4 times each day, that is 8 puffs a day. Dividing 200 by 8 equals 25, so the canister will last 25 days.
- Write the date on the canister when you start using it so you can figure when you will need to replace it.
- Throw the canister away after you have used the number of days or puffs in the canister even if it sounds like more medicine is left. A chemical additive will be left in the canister after the medicine is gone.

## **Other key points**

- Bring your inhaler to your appointments so you can demonstrate how you are using the inhaler.
- Talk to your doctor or nurse if you are having problems using your MDI. A hollow tube called a spacer or holding chamber can be attached to some of the inhalers. This makes them easier to use and gets more medicine to the lungs.
- If you have more than one inhaler medicine, talk to your doctor or nurse about which to use first.
- Check the expiration date and do not use the medicine after it expires.
- Be sure you have a refill before your canister runs out.

**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**